confrontation *n*	/ˌkɒnfrʌnˈteɪʃn/	*He prepared himself for **confrontation** as the door opened.*
courtesy *n*	/ˈkɜːtəsi/	*Another miracle, **courtesy** of the airline industry!*
dislike *v*	/dɪsˈlaɪk/	*I really **dislike** her.*
escape *v*	/ɪˈskeɪp/	*They were unable to **escape** the rising water inside the plane.*
fairly *adv*	/ˈfeəli/	*It was **fairly** busy in the town centre.*
family-run *adj*	/ˈfæməli rʌn/	*It was a small **family-run** company.*
ferry *n*	/ˈferi/	*We took the **ferry** from England to France.*
frantic *adj*	/ˈfræntɪk/	*I've been **frantic** – you're late again!*
guard *n*	/gɑːd/	*Don't let your **guard** down.*
gun *n*	/gʌn/	*I want you to teach me how to shoot a **gun**.*
hooligan *n*	/ˈhuːlɪgən/	*My cousin is a football **hooligan**.*
impact *n*	/ˈɪmpækt/	*This is the captain, brace for **impact**.*
intake *n*	/ˈɪnteɪk/	*You need to control your **intake** of calories.*
just on time	/dʒʌst ɒn ˈtaɪm/	*I got to my appointment **just on time**.*
laughable *adj*	/ˈlɑːfəbl/	*Most airline passengers think it is **laughable** that a small yellow life jacket will make any difference if the plane crashes.*
loudspeaker *n*	/ˌlaʊdˈspiːkə(r)/	*A voice came out of the **loudspeaker**.*
movie-goer *n*	/ˈmuːvi ˌgəʊə(r)/	*The shops were closed when the **movie-goers** came out into the street.*
nerves *n*	/nɜːvz/	*Do you suffer from **nerves** when you're in an exam?*
parking lot *n*	/ˈpɑːkɪŋ lɒt/	*We left our car in the **parking lot**.*
porter *n*	/ˈpɔːtə(r)/	*We had so much luggage we had to ask for a **porter**.*
Portuguese *adj*	/ˌpɔːtʃuˈgiːz/	*I thought Paolo was **Portuguese**, but actually he's Brazilian.*
process *n*	/ˈprəʊses/	*It's all part of the **process**.*
protect *v*	/prəˈtekt/	*Stan had been telling her to learn how to **protect** herself.*
pudding *n*	/ˈpʊdɪŋ/	*What are you going to have for **pudding**?*
purse *n*	/pɜːs/	*One minute I had fifty dollars in my **purse** and then I had nothing.*
revenge *n*	/rɪˈvendʒ/	***Revenge** is sweet.*
set out to do (something)	/ˈset aʊt tə duː (ˌsʌmθɪŋ)/	*They wouldn't stop until they had done what they had **set out to do**.*
shadowed *adj*	/ˈʃædəʊd/	*She examined the look on his **shadowed** face.*
shooting range *n*	/ˈʃuːtɪŋ reɪndʒ/	*Take me to a **shooting range** so I can practise.*
shortage *n*	/ˈʃɔːtɪdʒ/	*There's a **shortage** of wheelchairs.*
specifically *adv*	/spəˈsɪfɪkli/	*Do you read anything **specifically** to improve your English?*
stab *v*	/stæb/	*I'm scared someone is going to **stab** me in this pub.*
suitcase *n*	/ˈsuːtkeɪs/	*This **suitcase** is really heavy.*
tourist *n*	/ˈtɔːrɪst/	*He's wearing socks and sandals so he must be a **tourist**.*
traumatic *adj*	/trɔːˈmætɪk/	*It was a very **traumatic** experience.*
trigger *n*	/ˈtrɪgə(r)/	*He pulled the **trigger** on the gun.*
upgrade *v*	/ʌpˈgreɪd/	*We'd like to **upgrade** you to first class.*
witch *n*	/wɪtʃ/	*Watch out – the old **witch** is here!*

File 4

Vocabulary Banks

WEATHER

below zero	/bɪˌləʊ ˈzɪərəʊ/	*The temperature is **below zero**. It's minus five.*
blizzard *n*	/ˈblɪzəd/	*A **blizzard** is a snow storm with very strong winds.*
boiling *adj*	/ˈbɔɪlɪŋ/	*It's too hot today. It's **boiling**.*
breeze *n*	/briːz/	*The **breeze** is really cooling me down.*
bright *adj*	/braɪt/	*The **bright** sunshine lit up the mountain.*
changeable *adj*	/ˈtʃeɪndʒəbl/	*The weather is very **changeable** in the UK.*
chilly *adj*	/ˈtʃɪli/	*It's a bit **chilly** in here. Shall I put the heating on?*

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clear *adj*	/klɪə(r)/	*On a **clear** day you can see for miles.*
cool *adj*	/kuːl/	*It's a bit **cool** for this time of year. It's normally hotter.*
damp *adj*	/dæmp/	*The clothes are **damp**. There must have been a bit of rain last night.*
drizzle *n*	/ˈdrɪzl/	*It's only raining a little bit. Just a light **drizzle**.*
drought *n*	/draʊt/	*A **drought** is a long, dry period when there is little or no rain.*
flash *n*	/flæʃ/	*The **flash** of lightning could be seen for miles.*
flood *n*	/flʌd/	*A **flood** is when everything becomes covered with water.*
forecast *n*	/ˈfɔːkɑːst/	*The **forecast** next week is for snow.*
freezing *adj*	/ˈfriːzɪŋ/	*It's **freezing**! I'll have to scrape the ice from my car.*
get soaked *v*	/get ˈsəʊkt/	*It poured with rain and I didn't have an umbrella. I **got soaked**.*
hail *n*	/heɪl/	***Hail** is small balls of ice that fall like rain.*
heatwave *n*	/ˈhiːtweɪv/	*A **heatwave** is a period of unusually hot weather.*
heavy *adj*	/ˈhevi/	*The rain was so **heavy** I had to stop driving.*
hill *n*	/hɪl/	*The snow will be much heavier in the **hills**.*
humid *adj*	/ˈhjuːmɪd/	*It's hot and there's a lot of moisture in the air. It feels **humid**.*
hurricane *n*	/ˈhʌrɪkən/	*A **hurricane** is a violent coastal storm with very strong winds.*
icy *adj*	/ˈaɪsi/	*I fell over on the **icy** path.*
lightning *n*	/ˈlaɪtnɪŋ/	***Lightning** is a flash of very bright light in the sky caused by electricity.*
melt *v*	/melt/	*The snow is starting to **melt**. It will all be gone in the morning.*
midday *n*	/ˌmɪdˈdeɪ/	*Rain will move into the area from **midday**.*
mild *adj*	/maɪld/	*It's quite **mild** by September. The summer heat has gone.*
mist *n*	/mɪst/	*The **mist** from the sea was so thick I couldn't see anything.*
moisture *n*	/ˈmɔɪstʃə(r)/	*It's hot and there's a lot of **moisture** in the air. It feels humid.*
monsoon *n*	/mɒnˈsuːn/	*A **monsoon** is the season when it rains a lot in southern Asia.*
occasional *adj*	/əˈkeɪʒənl/	*It will be mostly sunny with **occasional** periods of rain.*
occur *v*	/əˈkɜː(r)/	*How often do these hot periods **occur**?*
pavement *n*	/ˈpeɪvmənt/	*I wish you wouldn't cycle on the **pavement**.*
period *n*	/ˈpɪəriəd/	*It's been a really wet **period** this summer. How many weeks is it now?*
pleasant *adj*	/ˈpleznt/	*It's quite **pleasant**. You won't need a jumper.*
pouring (with rain) *v*	/ˈpɔːrɪŋ (wɪð reɪn)/	*When we arrived in New York it was **pouring with rain**.*
scorching *adj*	/ˈskɔːtʃɪŋ/	*It's **scorching**! I need to go inside to cool down.*
settled *adj*	/ˈsetld/	*After a period of changeable weather it became much more **settled**.*
shade *n*	/ʃeɪd/	*Don't get sunburnt. Come and sit in the **shade**.*
shiver *v*	/ˈʃɪvə(r)/	*You're **shivering**. Do you want to borrow my jacket?*
shower *n*	/ˈʃaʊə(r)/	*Let's wait a minute to see if it's just a short **shower**.*
slippery *adj*	/ˈslɪpəri/	*Be careful! The pavement's very **slippery**.*
smog *n*	/smɒg/	*Los Angeles is famous for its thick **smog**.*
strong *adj*	/strɒŋ/	*The **strong** wind blew over many trees.*
sunburnt *adj*	/ˈsʌnbɜːnt/	*I wear suncream on hot days so I don't get **sunburnt**.*
sunny *adj*	/ˈsʌni/	*You look really brown. Was it **sunny** on your holiday?*
sweat *v*	/ˈswet/	*I'm **sweating**. Can we turn the air conditioning on?*
thick *adj*	/θɪk/	*The fog was so **thick** I couldn't see anything.*
thunder *n*	/ˈθʌndə(r)/	***Thunder** is the loud noise that you hear during a storm.*
tornado *n*	/tɔːˈneɪdəʊ/	*A **tornado** is a violent storm that can appear without warning.*
warm *adj*	/wɔːm/	*How **warm** is it outside? Do I need a jumper?*

Useful words and phrases

a sense of (one's) own vulnerability	/ə sens ɒv (wʌnz) əʊn ˌvʌlnərəˈbɪləti/	*We want to give them **a sense of their own vulnerability**, their human limitations, and the risks involved.*
admit *v*	/ədˈmɪt/	*The participants are asked to introduce themselves and **admit** that they have a problem.*
affect *v*	/əˈfekt/	*Does the weather **affect** your mood?*
alive *adj*	/əˈlaɪv/	*I want to stay **alive** for as long as possible.*
buzz *n*	/bʌz/	*It's not the speed, it's the **buzz** you get when you go fast.*
climate change *n*	/ˈklaɪmət tʃeɪndʒ/	*Pollution is leading to **climate change**.*
communicate *v*	/kəˈmjuːnɪkeɪt/	*When will we have learnt enough English to be able to **communicate** fluently?*

edge *n*	/edʒ/	*Imagine that you had a dream where you were standing on the **edge** of a precipice.*
environment *n*	/ɪnˈvaɪrənmənt/	*Earth Day is an annual day to increase awareness and appreciation of the **environment**.*
environmentally-friendly *adj*	/ɪnˌvaɪrənˌmentəli ˈfrendli/	*I only shop at places which stock **environmentally-friendly** products.*
face *v*	/feɪs/	*The lessons learned from **facing** the difficulties may be very valuable in everyday life.*
get straight to the point	/get streɪt tə ðə ˈpɔɪnt/	*Let me **get straight to the point**. This is not good enough.*
global warming *n*	/ˌɡləʊbl ˈwɔːmɪŋ/	*Many people worry that **global warming** is affecting the climate.*
habitual offender *n*	/həˈbɪtʃuəl əˌfendə(r)/	*He's a **habitual offender**. He's been caught six times.*
in advance	/ɪn ədˈvɑːns/	*Have you ever travelled somewhere without having booked somewhere to stay **in advance**?*
in case	/ɪn ˈkeɪs/	*Take your umbrella **in case** it's raining when you leave work.*
lead *v*	/liːd/	*I'm going to **lead** the session today.*
make sure *v*	/meɪk ˈʃɔː(r)/	*Please **make sure** that all the windows are closed before you leave the house.*
mixture *n*	/ˈmɪkstʃə(r)/	*The **mixture** of speed and noise raises people's adrenaline.*
negative *adj*	/ˈnegətɪv/	*Everything has two sides to it – a positive one and a **negative** one.*
observe *v*	/əbˈzɜːv/	*I like to **observe** people's reactions when I tell them my news.*
opportunity *n*	/ˌɒpəˈtjuːnəti/	*There are many **opportunities** for people with university degrees.*
participant *n*	/pɑːˈtɪsɪpənt/	*At the beginning of the course the **participants** are asked to introduce themselves and admit that they have a problem.*
potentially fatal consequences	/pəˌtenʃəli ˈfeɪtl ˌkɒnsɪkwənsɪz/	*It's sensation-seeking, it's taking risks, looking for that buzz, but ignoring the **potentially fatal consequences**.*
realistic *adj*	/ˌrɪəˈlɪstɪk/	*They need to make a **realistic** assessment of the risks involved.*
reason *n*	/ˈriːzn/	*The writer Sir John Mortimer saw a deeper **reason** for Britain's peculiar obsession with the weather.*
recycle *v*	/ˌriːˈsaɪkl/	*I **recycle** all my newspapers, bottles, and plastic salad boxes.*
regret *v*	/rɪˈgret/	*I **regret** going to university. It didn't help me get a better job.*
regularly *adv*	/ˈregjələli/	*But if you **regularly** drive at 120mph (190kph) on a public road, sooner or later you're going to get caught.*
release *v*	/rɪˈliːs/	*When you practise extreme sports your brain **releases** endorphins.*
reusable *adj*	/ˌriːˈjuːzəbl/	*I own several **reusable** shopping bags made of recyclable materials.*
rule *v*	/ruːl/	*The judge **ruled** that he had broken the law.*
run out *v*	/rʌn ˈaʊt/	*Other sources of energy will be needed as fossil fuels will **run out**.*
soar *v*	/sɔː(r)/	*Temperatures are set to **soar** to 30 degrees on Saturday.*
speed *n*	/spiːd/	*Do you ever go really fast and break the **speed** limit?*
strategy *n*	/ˈstrætədʒi/	*In a world that's changing really quickly, the only **strategy** that is guaranteed to fail is not taking risks.*
sum up *v*	/sʌm ˈʌp/	*To **sum up**, extreme sports can have many health benefits.*
take seriously	/teɪk ˈsɪəriəsli/	*We need to **take** the risks involved in driving very **seriously**.*
vehicle *n*	/ˈviːəkl/	*Motorcyclists make up just 1% of all the **vehicles** on the road.*
warm spell *n*	/ˈwɔːm spel/	*We need this **warm spell** after the rain we have had.*

More words in File 4

addiction *n*	/əˈdɪkʃn/	*People can suffer from **addiction** to many things, from smoking to speed.*
adrenaline *n*	/əˈdrenəlɪn/	*It's the **adrenaline**. It's the buzz you get when you go fast.*
affair *n*	/əˈfeə(r)/	*We are friends, but I don't know much about their private **affairs**.*
although *conj*	/ɔːlˈðəʊ/	*I think this is a family photo, **although** none of the family members are actually looking at the camera.*
appliance *n*	/əˈplaɪəns/	*Always unplug electrical **appliances** (e.g. a hairdryer) as soon as you have stopped using them.*
battery *n*	/ˈbætəri/	*I throw dead **batteries** in the rubbish.*
bungee jump *n*	/ˈbʌndʒi dʒʌmp/	*When the rope broke on her **bungee jump** she landed in a river.*
call off *v*	/kɔːl ˈɒf/	*The rain is too heavy. We should **call off** the match.*
carbon footprint *n*	/ˌkɑːbən ˈfʊtprɪnt/	*My flights made my **carbon footprint** much bigger.*

chapter *n*	/ˈtʃæptə(r)/	*She writes a **chapter** of her novel a week.*
cocktail *n*	/ˈkɒkteɪl/	*This time tomorrow I'll be sitting at a café in the sun drinking a **cocktail**.*
collision *n*	/kəˈlɪʒn/	*There was a **collision** between two cars but luckily no one was hurt.*
curriculum *n*	/kəˈrɪkjələm/	*The teaching of handwriting will have disappeared from the school **curriculum** because students will only be writing on tablets or laptops.*
decorator *n*	/ˈdekəreɪtə(r)/	*The **decorators** will have finished painting by Tuesday, so we can move back into the flat then.*
desalination *n*	/diːˌsælɪˈneɪʃn/	***Desalination** is when the salt is removed from sea water.*
disturb *v*	/dɪˈstɜːb/	*I'll have finished in an hour if you don't **disturb** me.*
double *v*	/ˈdʌbl/	*The manufacturing cost is set to **double** in the next ten years.*
drown *v*	/draʊn/	*He **drowned** his cereal in milk.*
earnestly *adv*	/ˈɜːnɪstli/	*On television and in the newspapers, experts argued **earnestly** over what such extreme weather meant.*
Easter *n*	/ˈiːstə(r)/	***Easter** is always in March or April.*
ecology *n*	/iˈkɒlədʒi/	***Ecology** is the relationship between the plants, animals, and the environment in a particular area.*
element *n*	/ˈelɪmənt/	*There is an **element** of addiction in this sort of behaviour.*
engrave *v*	/ɪnˈgreɪv/	*My watch is **engraved** with my date of birth.*
equipment *n*	/ɪˈkwɪpmənt/	*You need a lot of **equipment** if you go camping.*
facilitate *v*	/fəˈsɪlɪteɪt/	*People use weather-talk to **facilitate** social interaction.*
fatal *adj*	/ˈfeɪtl/	*The worst roads for **fatal** accidents are country roads.*
fence *n*	/fens/	*We often talk to our next-door neighbours over the **fence** in the garden.*
fill *v*	/fɪl/	*I use a reusable water bottle which I **fill** with tap water.*
furthermore *adv*	/ˌfɜːðəˈmɔː(r)/	*It is one of the cheapest available. **Furthermore**, it is one of the best.*
globe *n*	/gləʊb/	*The weather varies greatly across the **globe**.*
guarantee *v*	/ˌgærənˈtiː/	*I can **guarantee** that you won't regret it.*
helmet *n*	/ˈhelmɪt/	*I always wear a **helmet** when riding my bike.*
idiot *n*	/ˈɪdiət/	*I won't get in a car with him. He drives like an **idiot**.*
in haste	/ɪn ˈheɪst/	*It is very important that decisions are not made **in haste**.*
Indian summer *n*	/ˌɪndiən ˈsʌmə(r)/	*The Met Office ruled that it couldn't be properly called an **Indian summer**, which only occurs 'as a warm spell in autumn, especially in October and November'.*
interaction *n*	/ˌɪntərˈækʃn/	*People use weather-talk to facilitate social **interaction**.*
intoxicating *adj*	/ɪnˈtɒksɪkeɪtɪŋ/	*It is an **intoxicating** combination of high-powered engines, testosterone, and youth.*
intrinsically *adv*	/ɪnˈtrɪnzɪkli/	*We talk about it a lot, but not because it is an **intrinsically** interesting topic.*
lack *n*	/læk/	*Many ski resorts will have closed because of a **lack** of winter snow.*
lock up *v*	/lɒk ˈʌp/	*Never leave a dog **locked up** in a car if it's hot.*
measure *n*	/ˈmeʒə(r)/	*They require a lot of equipment, safety **measures**, and well-trained and qualified instructors.*
no point	/ˈnəʊ pɔɪnt/	*There's **no point** phoning Sonia now. She won't be there.*
organic *adj*	/ɔːˈgænɪk/	***Organic** fruit and vegetables haven't been treated with pesticides.*
oven *n*	/ˈʌvn/	*Laura won't have arrived before dinner so I'll leave some food in the **oven** for her.*
parachute jump *n*	/ˈpærəʃuːt dʒʌmp/	*I did a **parachute jump** from a plane for charity.*
peculiar *adj*	/pɪˈkjuːliə(r)/	*Britain has a **peculiar** obsession with the weather.*
plenty *pron*	/ˈplenti/	*If you are travelling somewhere, do you normally get to the station or airport with **plenty** of time or at the last minute?*
precipice *n*	/ˈpresəpɪs/	*He dreamt he was standing on the edge of a **precipice**.*
reluctant *adj*	/rɪˈlʌktənt/	*I am **reluctant** to talk about politics with my friends.*
reserve *n*	/rɪˈzɜːv/	*Britons need weather-talk to help us overcome our **reserve**.*
resort *n*	/rɪˈzɔːt/	*Many ski **resorts** will have closed because of a lack of winter snow.*
rhythm *n*	/ˈrɪðəm/	*I can't dance. I have no sense of **rhythm**.*
sensation-seeking *n*	/senˈseɪʃn ˌsiːkɪŋ/	*It's **sensation-seeking**, it's taking risks, looking for that buzz, but ignoring the potentially fatal consequences.*
severe *adj*	/sɪˈvɪə(r)/	*The accident caused **severe** damage to his spine.*
sin *n*	/sɪn/	*I committed a crime last Tuesday, which just happened to be Earth Day, a day that invites people to think about their eco-**sins**.*

solar panel *n*	/ˌsəʊlə ˈpænl/	*Most people will have installed **solar panels** or wind turbines on their houses or blocks of flats to generate their own electricity.*
statistic *n*	/stəˈtɪstɪk/	*The **statistics** show that more people die on motorbikes than in cars.*
stock *v*	/stɒk/	*I only shop at places which **stock** environmentally-friendly products.*
strike *n*	/straɪk/	*If there's a **strike** tomorrow, we won't be able to travel.*
tempt *v*	/tempt/	*Every year, more and more people are **tempted** by the idea of going on an adventure sports holiday, especially during the summer months.*
testosterone *n*	/tesˈtɒstərəʊn/	*It is an intoxicating combination of high-powered engines, **testosterone**, and youth.*
the main advantage	/ðə ˈmeɪn ədˌvɑːntɪdʒ/	***The main advantage** is that adventure sports, like many other physical activities, offer health benefits.*
the Met Office *n*	/ðə ˈmet ˌɒfɪs/	***The Met Office** provides the weather forecast for the UK.*
turbine *n*	/ˈtɜːbaɪn/	*A wind **turbine** converts wind power into energy.*
unlikely *adj*	/ʌnˈlaɪkli/	*It's **unlikely** that schools will change much in the next few years.*
urban *adj*	/ˈɜːbən/	*I can't live in rural areas. I like living in **urban** places.*

File 5

Vocabulary Banks

FEELINGS

astonished *adj*	/əˈstɒnɪʃt/	*I was **astonished** when they lost. They always win.*
bewildered *adj*	/bɪˈwɪldəd/	*I was **bewildered** by the range of choices.*
delighted *adj*	/dɪˈlaɪtɪd/	*I was **delighted** with my high score.*
desperate *adj*	/ˈdespərət/	*I was **desperate** to get a job. I really needed the money.*
devastated *adj*	/ˈdevəsteɪtɪd/	*I was **devastated** when my grandad died.*
disappointed *adj*	/dɪsəˈpɔɪntɪd/	*I was a bit **disappointed** you didn't come.*
down *adj*	/daʊn/	*You look a bit **down**. What's the problem?*
gobsmacked *adj*	/ˈgɒbsmækt/	*I was completely **gobsmacked** when I heard she was getting married!*
grateful *adj*	/ˈgreɪtfl/	*I'm **grateful** for any help I get.*
guilty *adj*	/ˈgɪlti/	*I feel **guilty** when I eat too much.*
gutted *adj*	/ˈgʌtɪd/	*When they missed that last penalty I was absolutely **gutted**.*
homesick *adj*	/ˈhəʊmsɪk/	*I miss home so much. I'm feeling **homesick**.*
horrified *adj*	/ˈhɒrɪfaɪd/	*My mum was **horrified** with the mess in my room.*
lonely *adj*	/ˈləʊnli/	*I feel **lonely** without you here.*
nervous *adj*	/ˈnɜːvəs/	*Exams make me **nervous**.*
offended *adj*	/əˈfendɪd/	*I feel really **offended**. My cousin didn't invite me to his wedding.*
overwhelmed *adj*	/ˌəʊvəˈwelmd/	*I just don't know what to say. I'm **overwhelmed** with emotion.*
proud *adj*	/praʊd/	*I'm so **proud** my daughter won the race.*
relieved *adj*	/rɪˈliːvd/	*I was **relieved** when I finally got a job.*
scared stiff *adj*	/skeəd ˈstɪf/	*I'm **scared stiff** of heights.*
shattered *adj*	/ˈʃætəd/	*I'm absolutely **shattered**. I just want to sit down and put my feet up.*
shocked *adj*	/ʃɒkt/	*I was **shocked** by the sad news.*
sick of (hearing)	/ˈsɪk əv (ˌhɪərɪŋ)/	*I'm **sick of hearing** you complain about my food. Why don't you learn to cook?*
stunned *adj*	/stʌnd/	*I was **stunned** by the proposal. I just wasn't expecting it.*
thrilled *adj*	/θrɪld/	*I was **thrilled** when I heard I was going to become a grandparent.*

Useful words and phrases

abandon *v*	/əˈbændən/	*Eventually they decided to **abandon** the search for the village and just hike back to Apolo.*
ability *n*	/əˈbɪləti/	*My **ability** to stay calm helps in my job.*
absolutely *adv*	/ˈæbsəluːtli/	*I find speaking in public **absolutely** terrifying. I hate doing it.*
alone *adv*	/əˈləʊn/	*What would you do if you were hiking **alone** in the mountains and you got completely lost?*

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